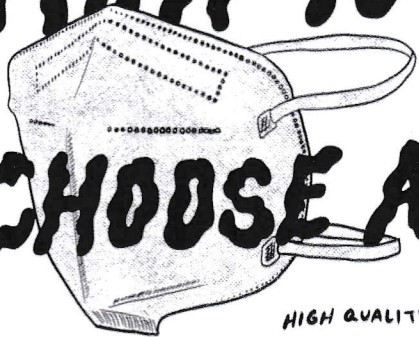


# HOW TO CHOOSE A MASK

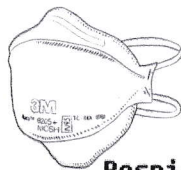


# DID YOU KNOW?

Covid 19 is airborne! It spreads through tiny particles that hang in the air like smoke.<sup>1</sup>

Particles can stay in the air for a long time, & you can breathe them in even after an infected person has left the area.<sup>2</sup> Asymptomatic spread is totally a thing!

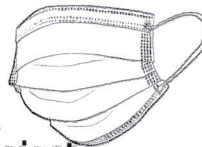
Well-fitting, high quality masks (AKA respirators) are one of the best ways to protect against airborne particles. We can also increase air flow (ventilation) to disperse Covid, & use air filtration to capture & trap Covid particles.<sup>3</sup>



## DOPE!

Respirators filter out particles by physically blocking them, but also by trapping them with an electrostatic charge. (This is why you should try not to touch the outside of your mask).<sup>3</sup>

## NOPE!



Cloth & surgical masks protect against droplets. This makes them significantly less effective than respirators, which protect against particles.<sup>3</sup>

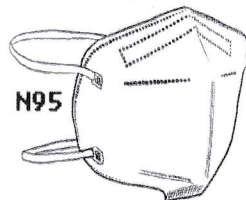
# RESPIRATORS

N95 <-Best protection  
KN95 <-Great protection  
KF94 <-Great protection

Experiment with masks til  
you find one that is comfy &  
fits snugly with no gaps.<sup>3</sup>  
Your local mask bloc can  
hook you up with masks to  
try for free!<sup>4</sup>

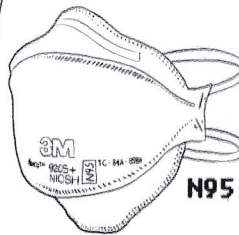
A respirator is generally  
good for 40 hrs of wear,  
unless wet or worn out.<sup>5</sup>  
It's recommended to use a  
different one for each day  
of week.

# MASK STYLES

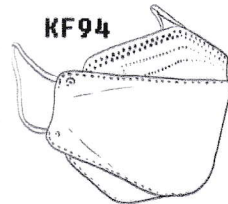


Head strap

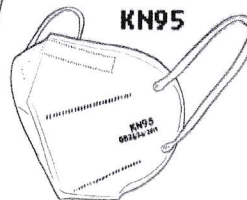
Bifold



Trifold



Ear loop



# BRANDS!

N95s  
3M Aura  
3m U-Flex  
BNX  
Gerson

KN95s  
Powecom  
Wellbefore  
BreatheTeq  
Kingfa

Beware of counterfits!  
Choose reputable brands  
like the ones above.

Look for NIOSH  
certification on N95s, &  
the GB2626-2019 code on  
KN95s before buying.

Projectn95.org is a good  
jumping off point!

I'm vaccinated + boosted, why  
should I still bother to mask?

Masking protects you & any  
vulnerable people you interact  
with! We're still learning  
about the longterm effects of  
Covid, but we do know the risk  
of Long Covid increases with  
each infection, & symptoms can  
be debilitating. There is no  
cure.

If you won't mask all the time,  
try at least masking in public  
places where people have to be  
(doctors office, grocery  
store, pharmacy, airport &  
plane, public transit, etc).

Vaccines are great but they  
don't stop the spread!<sup>6</sup>



# SOURCES & RESOURCES

*thanks for reading!*

SCAN ME  
FOR  
SOURCES  
+  
RESOURCES



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YOU CAN  
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Pls share widely!



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